"Each week, we encountered the same bikers, walkers, and runners. It was great to see a physically active network of people embracing these trails in our backyard."

The Ghost Town Trail proved to be an invaluable resource for my running partners and me as we trained for the 2016 Chicago Marathon. We utilized various sections of the trail based on our training plan requirements. For speed work, we started in Ebensburg and ran downhill to Nanty Glo. Short recovery runs on Ebensburg’s crushed gravel sections helped keep our legs healthy. For distance runs, we took advantage of the Vitondale station for parking and water stops. The heat, humidity, and dew point were a brutal mix for 20-mile runs; Vitondale’s resources were much appreciated.

Each week, we encountered the same bikers, walkers, and runners who were also enjoying the trail’s amenities. It was great to see a physically active network of people embracing these trails in our backyard. Many thanks to the Ghost Town Trail Conservancy for their hard work maintaining these resources, and to the Keystone Fund for supporting outdoor recreation in our community.